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zoot capri

THE MAGAZINE

SPRING 1991

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Much More MuchMusic



Kurt Browning Interview



Lori Johns Takes Five



How Competitive Are You?

THE
HALF TIME
ISSUE

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When rock stars come to visit. Dan Gallagher acts! Michael Williams tells you to get an education.

CANADIANA

APR 15 1991

The HalfTime Issue

Sometimes
you get so wrapped up
in what you're doing that you
lose sight of the "Big Picture" and forget the
reason you're doing it in the first place.

And that's the way it should be.

It's also interesting to step back from the game
from time to time and ask yourself, "what am I into
this for?"

In this "HalfTime" Issue of ZOOT, a whole bunch of
enthusiastic "doers" reflect on their reasons for
pursuing an incredible variety of activities. After
you've sifted through all of the opinion, trivia, inter-
esting points of view and choices of things to do in
this issue, one thing will be perfectly clear, and that
is that neither silliness nor apprehension should
rule your life. A proper balance of guts and yuks is
called for. Your most precious possessions
are a huge smile, a deep and treacherous laugh,
and an open mind.

(Sometimes ya just gotta say —
sure, why not?)

YOU WIN!

AND YOU WAIT.

What would you do if you won a million bucks in the lottery? Or even 50 bucks? The idea isn't at all weird, lots of Albertans win. But have you noticed one thing about these winners? They're all so... old. Don't teens like you ever grab big money? Not very often. The simple reason is that for most of you it's illegal; it's gambling. If you're under 18, you can't just quick-pick a peck of cash. You can enter, you can have the correct numbers, but until 18 years are behind you, your winnings must stay in trust. Your bucks bed

down in the bank, bored and lonely and crying out to be spent. Should this turn you off spending those loonies? Not if you'd like to look forward to an adult life of leisure and aren't depressed by the odds against winning. Go for it. Just be prepared to be patient.



ILLUSTRATIONS: LESLIE BELL

OUR SUMMER ISSUE IS LOOKING GREEN!

Your next ZOOT is going to look as good as this one...with one major difference. It'll be printed on a recycled paper called ECO WEB. ECO WEB is made of 40% post-commercial waste (stuff the paper mills and factories don't use) and 10% post-consumer waste (paper that's already been used and put in the recycling bin). It's a step in the right direction, but our never-ending search for ways to make ZOOT even more enviro-friendly is not over. You can expect more green to be seen in future ZOOTS.

Top: Gracemy Nguyen, Jana Grue,
Shawn Robinson
Bottom: Craig Spallin, Kirsten
Goa, Katherine Wight

HIRE A STUDENT

WORK, WORK, WORK,
MONEY, MONEY, MONEY

As summer approaches and you're wondering how to fill those long lazy days and make some extra bucks, remember to check out Hire A Student. They can help you get a job or even help you set up your own business.

All this is free, and it works like this: Employers let Hire A Student know what jobs they have open. Then, students looking for a job are matched up with an employer suitable to what the student can or wants to do.

Hire A Student can help you find full and part time work. Last year the Calgary office had more job offers than students to fill them! Larger area offices offer a full range of services from teaching you how to write a resume to interview skills.

Doors open May 1, although most jobs don't begin until July. For the best selection, apply early.

ZOOT ADVISORY BOARD

These six teenagers trashed Grabinsky, brought back Don't You Hate It When and chose the cover for this issue. They represent one half of our ZOOT Advisory Board which meets with us once a month to determine what's in, what's out and who will care about what appears on the pages of ZOOT. In our next issue, we'll show you the other half of our intrepid crew. A special thanks to each member of the advisory board for all the great advice and ideas they've given to Zoot.



PHOTO: LAURIE STOCKBURGER

hot100

There's a great new book out. One that's been designed to let you know about all the exchange programs, travel opportunities and scholarships that are available to you. Hot 100 lists more than a hundred federal programs and services offered to youth from age 16 to college graduate. This includes exchange programs (ever wanted to work in Australia? Germany? Anywhere? It's in



PHOTO: JAZHART

there), scholarships and bursaries, on the job training programs and more, all under convenient listings like "Travel and Culture" and "Health, Fitness and Support Services." It also tells you what you can ask for in the way of pamphlets, books and videos. We've managed to get our hands on fifty copies of Hot 100. If you'd like to get this catalogue to help with your future plans, simply write to us. In your letter, tell us what country you'd most like to visit and why. In exchange, we'll send you Hot 100. Some of the replies we receive will be published in a future issue of ZOOT CAPRI. Address your letters to: Hot 100, ZOOT CAPRI, The Magazine 403, 304 - 8th Avenue S.W., Calgary, Alberta, T2P 1C2. Remember, quantities are limited.

THE ENVELOPE, PLEASE...

Have you ever wondered what happens when you write to your favourite stars? Do they read the letters? Will they answer? Four months after we penned prose to Matt & Luke of Bros, Rob & Fab of the late and disgraced Milli Vanilli, Jordan Knight of The New Kids On The Block and a bunch of others, it's been pretty quiet around ZOOT. Of the 35 heroes we sent letters to, only two have replied. Milli Vanilli sent a fake-autograph postcard (of course!) and an invitation to forward ten bucks. Teen actor Chad Allen (who only took three months to reply) had NBC send us a mass produced letter which was semi-informative, and included another "signed" photo with a coupon for ordering his video, **The Real Chad Allen** at only \$9.95. Being a fan is expensive business! So is being a star, if fans don't send a stamped, self-addressed envelope for their reply. Imagine, for example, The New Kids, who reportedly pull in 50,000 letters a week. If they mailed replies at their own expense, it would cost them nearly a million dollars a year! So the first tip in getting a reply is a stamped, self-addressed envelope. If you're sending your letter to the U.S., your return envelope will need a U.S. stamp so their reply can be mailed from the states. You can get one from the post office when you mail your letter. Then, have patience, because by the time you get a reply, you'll be someone else's fan.



Pen Pals

If you'd like to get mail decorated with exotic stamps... if you want to know what it's like to be a teenager in a distant country... if you like to write letters... We've got a deal for you!

International Pen Friends has the means to put you in touch with at least 20 foreign teenagers. Just send your name, address, age, interests and countries you'd most



like to correspond with to: Janet Coulson, International Pen Friends, 4401 - 44 Avenue, Bonnyville, Alberta, T9N 1X1. Tell her you read about International Pen Friends in ZOOT and she'll give you \$2.00 off the regular price of \$12.00. Be sure to include a cheque or money order with your request.



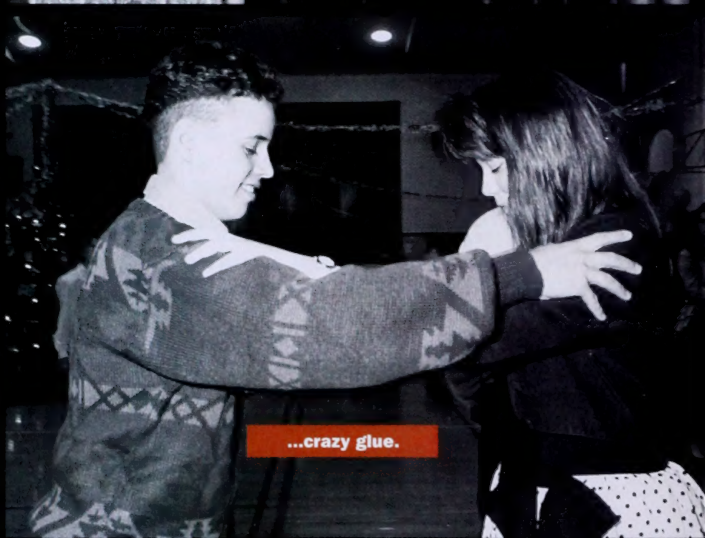
Armed with our hush puppies and sign language interpreter, we visited The Alberta School for the Deaf in Edmonton last December. A quiet time it was not! These teenagers know how to rock! After chowin' down turkey at their Christmas party, we headed for the gym and the fun began.



You know those people who always face the back of the elevator?



No, no.
You take pictures with it!



...crazy glue.



"It's just a step to the left...just a hop to the right...the Time Warp."



...wonder where the cafeteria gets these killer grapes!



When Sinead grew her hair back, the crowds began to drop.



The things you have to do to get some people's attention...



Meal prep in the cafeteria.



Guess what's for supper!



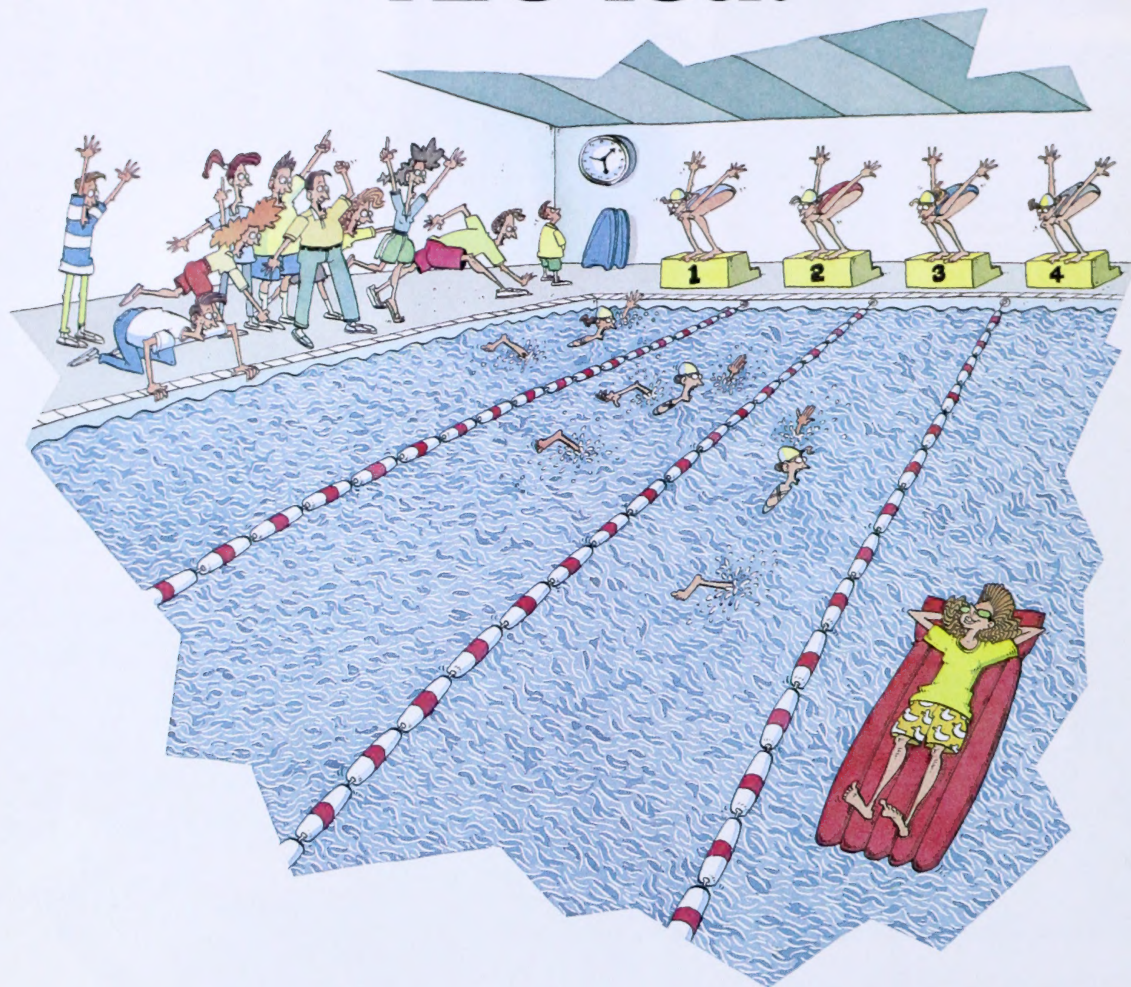
"I'm so glad you could all come."



"So is everyone ready to see my home videos?"



How Competitive Are You?



ILLUSTRATIONS: STEVE ATTOR

For some people, a big part of enjoying an activity comes from the chance to “win.” Others just like to be with their friends and get more from the action and adventure of it all, regardless of a victory.

What about you?

Are you in it for the fight or just for the fun?

The clues are in our quiz.



Part One:

Circle the most appropriate answer.

1. You are in a very important competition. It's the final and your team has an advantage until someone screws up royally, costing your team the championship. You:

a) are furious and scream at your team mate for the

mistake. You "knew he or she wasn't good enough to be on your team!"

- b) are very upset, but you don't blame the loss entirely on one person. Anyone can make a mistake and if the rest of you played harder, you might have won anyway.
- c) feel bad for this person. It's not like you never made a mistake.
- d) figure it's not a total waste... finally having to face a loss will bring the team together even better for next year.

2. You've just learned that someone who beat you did it by cheating in a rather clever way. You are:

- a) furious and demand that he or she be punished.
- b) secretly in awe... "Why didn't I think of that?"
- c) annoyed and glad that they were found out.
- d) indifferent; you did your best and that's what counts.

3. As a member of the neighbourhood baseball team, the part of the game you like most is when:

- a) it's your turn to bat.
- b) you get to play outfield, knowing the ball will probably never come your way.
- c) you put someone out, or slide into home plate yourself.
- d) the game's over and everyone goes for pizza.



4. You are a brave person who has just made their first dive off the high diving board. It was pretty good, but not perfect. You:

- a) work on it till you can do it better than anyone else.
- b) see how many different

moves you can make before you bellyflop.

- c) are happy to do it again, if there's an audience.
- d) are proud of yourself and glad that you will never have to do it again.



5. You're in Science class and the teacher tells everyone to choose a partner for a project. You:

- a) pick your best friend.
- b) try to pair up with the smartest kid.
- c) end up with whoever will take you.
- d) decide to help out someone who's having difficulty with the subject.

6. Your mom has left you in charge of your little sister.

Your friends are over to play a game. You:

- a) don't let your sister play. She's no good and just slows things down.
- b) explain the rules to your sister and remain very patient so she doesn't feel left out.
- c) keep her occupied by letting her roll the dice or bring you drinks.
- d) send her to bed early.

7. Your teacher is handing back graded assignments. As she slaps yours down on your desk, you notice a "B." You:

- a) check to see if your mark is better than your best friend's.
- b) are just happy to have

passed.

- c) feel happy that your extra effort paid off... the "B" is much better than last time.
- d) vow to study longer, try harder and get an "A" next time.

8. Your reaction when someone says "It's not whether you win or lose, it's how you play the game" is to:

- a) totally lose it. Are they crazy?
- b) nod your head affirmatively. It's so true.
- c) not really know what they mean, but feel they could be right.
- d) note how much you hate dumb sayings.

9. You are at a family gathering when someone brings out a board game. You:

- a) don't play. You don't know the rules and you don't care and you're busy with something else anyway.
- b) are the first one at the table, going over the rules and making sure everyone



knows them.

- c) join in even though you're never very lucky at games.
- d) offer to keep score so you can cheat.

10. The last time you participated in a game or a sport, you went home afterward thinking:

- a) that was great exercise.
- b) I'm glad we won.
- c) it was nice to see Marcy (or whoever) again.
- d) what a drag. I should have watched **The Simpsons**.

Part Two:

Circle true or false.

- 11. You enjoy watching game shows. **T F**
- 12. Receiving an award or trophy would mean a lot to you. **T F**
- 13. You would rather participate in a game than watch others play. **T F**
- 14. You like to enter contests. **T F**
- 15. You like to be challenged, either mentally or physically. **T F**
- 16. You are a bit of a show-off at times. **T F**
- 17. You are team captain of something. **T F**
- 18. You look forward to exams that test your knowledge or skill. **T F**
- 19. You like to play video games. **T F**
- 20. You like to bet even when the odds are not in your favour. **T F**

Scoring:

Evaluation on page 33

answering true on questions 11, 13, 14, 15, 17 and 19. Give yourself 1 point for 12, 16, 18 and 20. Give yourself 2 points for

Part Two:

10.	2	2	3	1
9.	2	4	3	5
8.	4	2	1	3
7.	3	1	2	4
6.	4	3	2	5
5.	2	3	1	4
4.	3	2	4	1
3.	3	1	4	2
2.	3	4	1	2
1.	5	3	1	2
	A	B	C	D

Award points as follows.

Part One:

ENTER ZOOT'S GREAT PLAY IT YOUR WAY CONTEST!



\$1000

THAT'S BIG MONEY!

worth of Sport Chek gift certificates

WILL BE WON

You know how it is. Someone invents a game with a lot of rules, and then someone comes along and breaks the rules. **Why?** Because let's face it: rules can be a real drag. Thinking up creative, fun ways to change the rules can be a real **kick!**

What will be the next rage?

We want you to invent a new activity and tell us all about it.

It can be something no one has ever played or even heard of before. Or, it can be a combination of two or more activities or sports we all know about but never imagine combining. Remember, this is a

CONTEST... with an absolutely killer prize! The first prize winner will receive

\$500 to play with at Sport Chek!! Two runners up will receive **\$250** to spend at Sport Chek.

You'll score big points for wild ideas, unlikely combinations, colourful drawings and by convincing us that your crazy, mixed-up game will actually work and be fun!

HERE'S HOW TO ENTER:

1. Invent a new game or sport by combining old games or, tell us about a game we have never heard of.
2. Write out as many details as you can think of to explain the game well.
3. Draw, sketch or photograph your new game so we can get an even better idea of what it is.
4. Drop your entry off at the footwear department in any Sport Chek and pick up a free Waterslide of Life poster. Or mail your entry to ZOOT.
5. Be sure to include your name, age, address and phone number.
6. Deadline for entries is 12:00 noon on May 15, 1991. After that, it's game over.
7. Entries will be judged by members of ZOOT CAPRI and AADAC staff.
8. A winner and two runners up will be notified by May 31, 1991.
9. The winner will receive a \$500 gift certificate from Sport Chek.
10. The two runners up will each receive a \$250 gift certificate from Sport Chek.
11. Prize money is not transferable and can only be awarded as a gift certificate to be spent at Sport Chek.
12. Contest is open to Alberta teenagers ages 12 to 18.

EXCHANGE

your entry for a free huge and glossy Waterslide of Life poster in the footwear department of any Sport Chek location.

SPORT CHEKS IN CALGARY

- Richmond Road & 37 Street S.W.
- 3320 - 20 Avenue N.E.

SPORT CHEKS IN EDMONTON

- 8212 Yellowhead Trail
- West Edmonton Mall

**Sport
CHEK**
We take fun seriously

OR SEND

your entry to:
Play It Your Way
ZOOT CAPRI, The Magazine
403, 304 - 8 Avenue S.W.
Calgary, Alberta T2P 1C2
(Entries sent directly to ZOOT CAPRI cannot be exchanged for a poster.)

FOR EXAMPLE

Let's hear it for the person who decided that:

If hockey is fun,

and skateboarding is fun,

PHOTO: JOE PATRONITS



PHOTO: ALLESPORT USA/FRANCE GABOINET



then skateboard hockey
would be twice the fun!



PHOTO: KENNETH/GAMMA LIAISON



Ultimate, rollerblading, bicycle polo, snowboarding, synchronized swimming, theatresports and many other hybrid activities prove that

nothing is "the only game in town."



MARTIN IFTODY & RENE BREMMER

Martin Iftody and his friend Rene Bremmer, both 17, recently started a noon-hour radio program at Grimshaw Junior/Senior High School. They might be having fun, but say it's also a lot of work bringing music to the hallways. For one thing, it takes a lot of time to prepare a radio program. These two used to spend hours going through hundreds of tapes choosing the right tunes. Now they've enlisted the help of other students to help them out so Martin can improve his math mark. Their noon-hour program has gone through a lot of changes since its beginning on Halloween as they've "tested" the market with different types of music. Originally starting by playing a lot of metal, they received too many complaints like, "That's too loud," and "Metal sucks," and ended up conforming to a more conservative and popular genre. They've found the program runs smoothest when they play around 50% country music. They've learned that you cannot please all the people all the time, and have become politicians, playing enough variety to prevent student rebellion. After graduating this year, Martin plans to go to McGill University in Montreal to continue his studies in piano and guitar. Rene is aiming for a helicopter license. Grimshaw Junior/Senior High School not only has its own radio station, but is also home to the 1989 Provincial Volleyball Champs.



DEANNA BROWN

We discovered 17-year-old Deanna Brown when she sent in a package of environmentally friendly tips. We thought ZOOT was special, but it turns out that she does this to everyone!

Deanna also gives public talks to classrooms and clubs and mails out information to magazines, writes newspaper articles for her school paper, and tries to help spread the message and make people realize that everyone can do something to help the problem of environmental waste. In her spare time, this Tofield senior high student also participates in Girl Guides, is a member of the 4-H Club, studies dance, and has been on the school basketball team for three years. No wonder it took us four months to track her down! When asked about how she does all these activities without getting stressed out, Deanna said, "I relax by riding my Honda motor bike or bird watching."

Deanna had a head start; being from an environmentally conscious family that incorporates conservation as a lifestyle... but it was a 4-H Club Conservation Camp that really turned her onto the environmental issue. There she learned that "the environmental problem belongs to everyone, and each person can do their bit to contribute." Deanna recently was awarded the Grant MacEwan Conservation Award and the Alberta Junior Citizen Award as a result of her environmental activities, but she says, "The best reward I ever received was when I found out someone had clipped one of my newspaper articles and stuck it on their fridge."



PHOTO: JAZIAJET

PAUL MCKENDRICK

Fourteen-year-old Paul McKendrick of Calgary decided that there was something he wanted to do - and he did it. He wanted to climb, and not just the easy routes. Paul had to buy all his own equipment by saving money, which of course meant work. Babysitting got him his equipment and now he climbs every chance he gets. Paul also trains by lifting weights and participating in other sports and finds this really helps his progress. He won the city climbing championships which were held at his school, Strathcona Tweedsmere. Starting out at zero and focusing on becoming the best — and doing it... that's cool. Climbing has both sacrifices and rewards for Paul. On one hand, he always misses Sunday dinner with his family, but on the other hand, he's no longer afraid of heights. Paul first got his start in climbing by taking a course. From then on it was nowhere but up! Paul finds climbing easy because it's so much fun for him. "You use lots of muscles, but it's the fingers that really get tired as well as the arms from the elbows down." Flexibility is important, so Paul does a lot of stretching to prepare him for the "wall." When asked what brings him back again and again, Paul said, "It's the greatest feeling to complete a really hard climb."

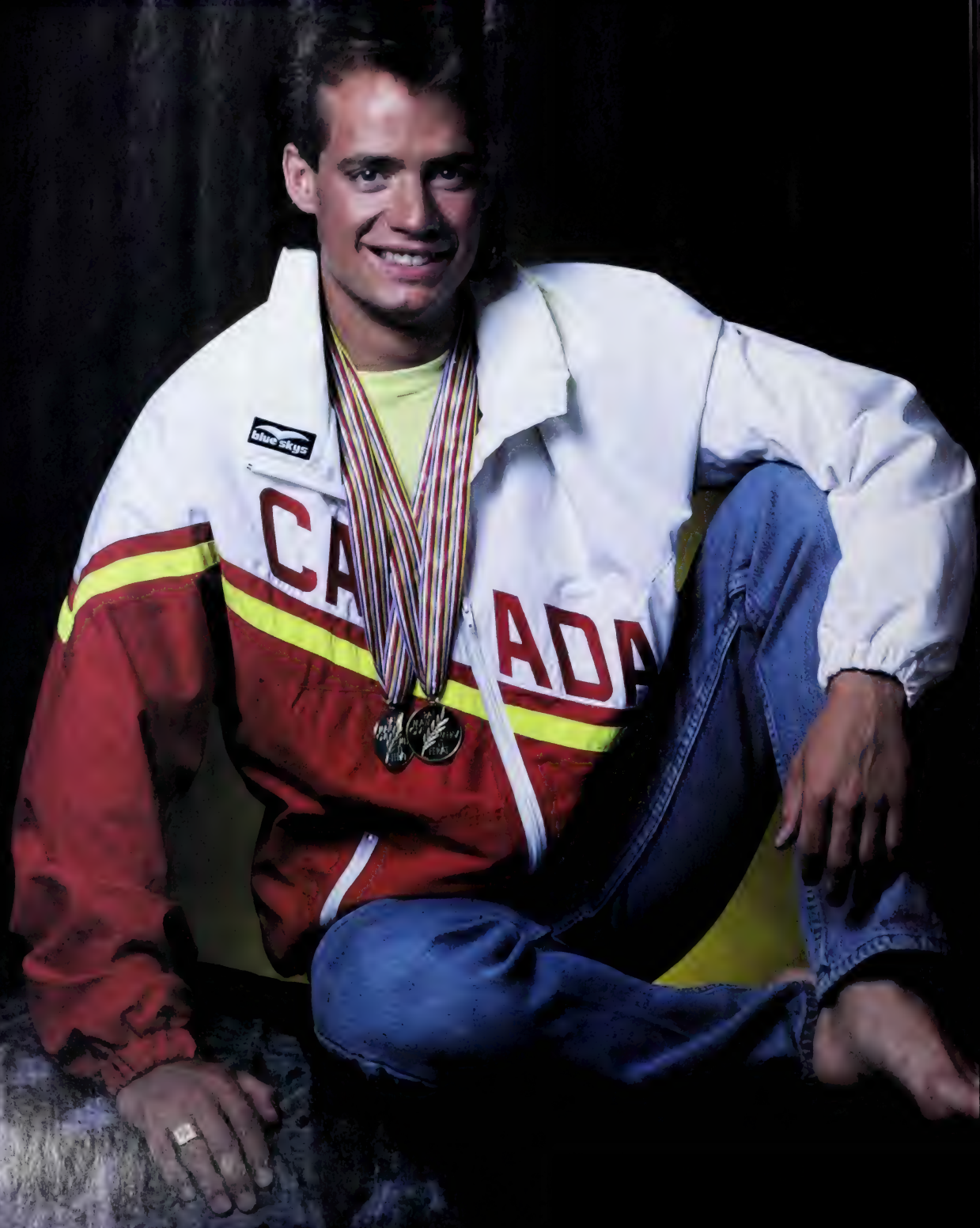


PHOTO COURTESY OF NATALIE REIMER

NATALIE REIMER

Natalie is trying to make the Canadian National Female Volleyball Team and she hopes her year-round training and determined spirit will pay off. So far, Natalie, age 18, and her team at Wetaskiwin High School have received numerous awards and prizes such as 3rd place at the Western Canada Summer Games last year. Despite many victories, it's not defeating someone else which motivates Natalie. "The very best feeling comes when you know you've executed a skill exactly perfect and better than you've ever done before." For Natalie it is most important to improve on her own performance independently of how others perform. Natalie says, "You can win without playing well, but it won't feel like a victory. Winning is the outcome of a game, but success is the result of effort." Being the shortest person on the team means Natalie has to play even harder. Would you believe Natalie got cut from the 8th grade volleyball team the first time she tried out? The next year she tried even harder and made the team. Volleyball gives Natalie the opportunity to meet lots of people, get lots of exercise, travel to tournaments around the country and sometimes to even get her picture in newspapers and magazines. The best advice she ever got from her coach was, "Don't ever stop believing in yourself, especially when everyone else does."

Skate a Mile in My Shoes



KURT BROWNING KURT BROWNING

[BY LAURIE STOCKBURGER]

"I'm surprised I'm a skater. There are so many times when I sit back and can't see myself putting on figure skates and going out and doing these things. It seems impossible."



As this issue of ZOOT went to press 24-year-old Kurt Browning was preparing for his third world figure skating competition in Munich, Germany. We don't know at this writing if he won it again, but he has held the world title for the past two years and went into the **Guinness Book of World Records** as the first person to land a quadruple axel in competition in 1988.

Not bad for a guy who doesn't think of himself as a skater and who never dreamed of reaching the top. Kurt started out as a hockey player. He's a natural athlete and doesn't need 1000 situps or 500 push ups a day to give him a great bod. Skating, dance classes and his interest in playing all kinds of sports keep Kurt in top shape. ZOOT stopped in at the Royal Glenora Club in Edmonton where Kurt trains to find out what being a World Champion is all about. In between bites of a turkey sandwich and spoonfuls of cottage cheese, Kurt admitted he can't believe he's actually a figure skater.

Inquiring minds want to know: since you became World Champion once, then twice, you've had hundreds of interviews... what do you get asked most often?

When I meet people on the street they always want to know if I'll win the World Championship three times. I can't tell them anything. I don't know yet. Watch the TV and see!

How has fame affected your life?

I try not to let it change the way I do things. If you become self-conscious and

not yourself, you probably won't skate well.

The town of Caroline is obviously very proud of you. They've put up a sign and named an arena after you. Is being a hometown hero a big responsibility?

People in Caroline are down-to-earth. If I screw up, they're still going to be my friends. What's scary is having a nation of 25 million people... all of Canada... waiting for you to win.

Another hometown hero, k d lang, took a stand against killing cows for food and some of her one-

KURT BROWNING

time neighbours in Consort really came down on her. People vandalized the sign that said, "Home of k d lang." What do you think about that?

I stand behind k d because it's frustrating always having to watch what you say. If k d felt as strongly as she did, I'm glad she stood up. The people who spray painted the sign probably didn't like her to begin with. I don't think she lost much.

It seems that a lot of kids who grow up in small towns end up excelling in sports. Take Cody Snyder, the bronc rider from Redcliff... or the Sutter brothers from Viking. Is there something about life in a small town that builds champions?

There's not much to do; not as many distractions. You can't just go to the mall, or to a movie. I really doubt I would have grown up to be a champion skater in Edmonton, where there's so much to do. Maybe country kids can focus on what we want a little more than city kids.

What other sports do you like?

I dabble in everything I can where there's not much risk of injury. I wanted to go skiing this weekend and I mentioned it to my coach and he just looked at me like I was crazy. I said I was just kidding. If I broke my leg skiing just before the Nationals... that would be it.

Are those legs insured?
Yes.

How would you describe yourself?

I don't know why people want me to explain myself all the time. I like myself,

obviously... otherwise I wouldn't step in front of 20 million people and do what I do. I'm very secure with who I am or I wouldn't be out there taking those risks or putting my neck out or having people ridicule me.

What kind of music do you listen to?

Anything up. Motown. Heavy metal, Alannah Miles, Bon Jovi, INXS, rap, house. I don't care. As long as it's up.

Who are your friends? Are they skaters?

Everyone down here (at the Glenora Club in Edmonton where Kurt trains) is my friend. I have a lot of people I can choose from to hang out with. Skaters know how to party, but they also know how to have a good time without hurting themselves. I really can count on my right hand the times I've been offered drugs. That includes the famous people I know, going to L.A., meeting rock people. Maybe I don't give off the image. Maybe they look at me and say, "Wait until he leaves and then we'll do it!" I make my living and career with my body, and if I abuse it, I won't be able to get through my program.

Whom do you really admire?

I'd like to meet Phil Collins. I figure that if I keep saying that in interviews, someday it'll happen.

Who have you met that you never thought you'd get along with?

I know Monica Schnarr. I never would have thought I'd get along with her. But she's this major straight-

forward lady. This super model; what would she have in common with me? I'm pretty adaptable, I get along with a lot of people. I'd still like to meet Phil Collins.

When you were a teenager, was there a difference between you and other teenagers?

When I was 16, I moved to Edmonton to train and it was hard. The first day at my new school, I wore a cap and a buckle with a horse on it. I walked in and went whoops! After a while, I found a small group of friends. The first time most of them realized I skated was when I won something and it was announced over the loud speaker. Everyone in the class turned around and said, "You figure skate?"

How did the kids you left back home react?

I'd known a lot of these kids since they were five or six-years-old. They knew me before I started putting on figure skates. I was Kurt and I was always going to be Kurt — it didn't matter if I became president or the first guy to walk on the moon or the first guy to land a quadruple. The first time they really saw me skate, when I came back from Edmonton to do a carnival, a lot of them were speechless and a little bit leery of me. I said, "What do you think I was doing when I was late for class everyday and left school early everyday? I was skating." They said, "Yeah, we knew that, but we didn't know you were any good."

Has skating always been your dream?

No. I have very short-term goals. I love to skate and I

love to be the best and to compete. So all those things put together make me a pretty good competitor. The bigger the skating thing got, the more concentrated my dreams became. I didn't dream about being the World Champion until about two weeks before. It wasn't a two-year long thing. Even the upcoming Olympics in 1992 is something I don't think about very often. I'll train hard and get on the ice that day and do the best I can. I can't believe I'm the World Champion. When I'm away from the rink, I am not a skater.

When you were eight years old what did you want to be?

To be eight years old.

Skating takes a lot of practice. Were there times of indecision when you wondered if it was worth it?

Never. I love meeting new people. When I am on the ice I like jumping. It's fun. It's challenging. Even now that I'm World Champion — I did things today that I've never done before. I did a program with triple-triple combinations in it. That's a very personal thing, and I may never do it in competition. This sport is still offering me new things to try and do.

Quick comments on some people I'll mention: Katerina Witt, figure skater.

She capitalized on an opportunity and an image.

Ben Johnson, sprinter.

I hope his endurance as an athlete, sports figure and celebrity outlives all the bad

WHY AM I DOING THIS?



When you stop long enough to think about it,
some of the things we do for fun
seem pretty strange.

If you want proof...take time out to look at the
next six pages.

YOU'RE NOT GONNA BELIEVE THIS...



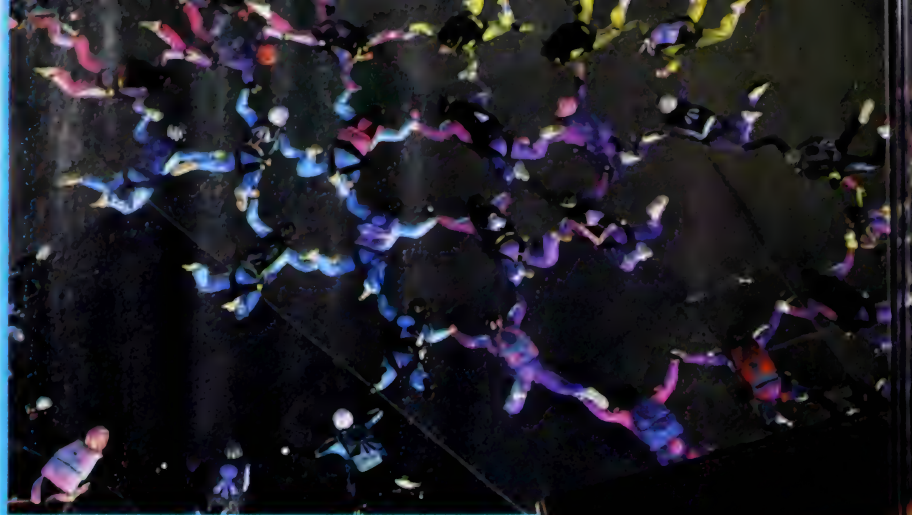
The things we do for enjoyment would have a newcomer thinking we're all fully wacked out. Like... how do you really explain a bunch of people getting together to strap various things (helmets, gloves, flippers) to different parts of their bodies... and then run around, chasing balls or hard rubber discs in an attempt to hit them! HUH??!



THE MOST DANGEROUS GAME

Pok Tapok was a game initially played by the Olmec people hundreds of years ago in what is now Mexico. It was similar to basketball; featuring large courts with hoops on the walls. The point was to get the ball through the hoop. The reason for the danger? The losing captain had his head cut off. Game over!

PHOTO: ALLSPORT/WANDYSTADT-INDER KLIEN



The Fun Factor

If you want to, you can measure the value of anything you choose to do by comparing different factors.

Cost and pleasure, for example. Or pleasure and pain. ("I can't wait for my leg to heal so I can get back on my skis and break it again!")

Around ZOOT, we like to amaze each other by looking at how much time we spend getting ready for our favourite activities, compared with the time we spend actually doing them.

For example:

A couple of us are into skydiving. The drive from the high-tech, 60th floor ZOOT penthouse suite in downtown Calgary out to the flat-as-a-rapper's haircut drop zone in Beiseker takes three quarters of an hour. Figure an hour or so for your tum to get into an airplane to come up. Another 25 minutes or so will give you enough altitude for 60 seconds of freefall. When you get down, you'll have to pack your chute before you do it all again.

	Prep Time	Fun Time
Drive to drop zone	45 min.	
Wait for plane	60 min.	
Climb to altitude	25 min.	1 min.
Jump. WHEEE!	15 min.	
Pack Parachute	45 min.	
Drive home	190 min.	1 min.
TOTAL		

The Time Factor in skydiving turns out to be about 190:1. Compared to jogging, which requires 20 seconds of tying up your sneakers before a half-hour run and a Time Factor of 1:60.

What this equation doesn't take into account is the "Radness Factor."

Activities such as riding giant North Shore waves in Hawaii have notoriously high Radness Factors. On the other hand, they also have immense reef rash factors you may want to consider.

In the end the only factor that really counts is that you're doing it! And it's great!



Why is a basketball hoop sold separately from the net?

Why are female skates white and male skates black?

Why are tennis players supposed to wear white?

ARE WE HAVING FUN YET?

Conjure up images of bones coming through your skin. Scrapes the size of dollar bills. Missing parties, giving away all your money, freezing, starving, stinking, sweating - what do these things make you think of?

Of course! We're into things we hate about the activities we love.

How much bad stuff will you put up with before you quit or give up?



**DON'T
YOU
LOVE...**

Being the first person to cut through fresh powder.

The knowledge that you can really do it.

The feeling of spectacular speed as you launch off the lip.

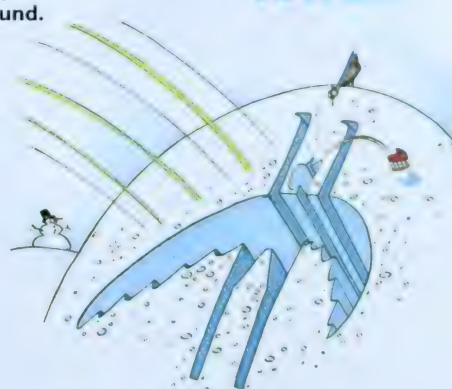


Waking up at 5:00 a.m.

Training so hard you think you're going to puke.

The feeling of a sudden stop as you hit the ground.

**DON'T
YOU
HATE...**



*It's great to try to win.
It's great to just have fun too.*

IMPORTANT FACTS:

Generally, certain activities tend to attract certain body types. Sometimes there are exceptions and you wind up with a short basketball player, a wiry football player or a hockey player with teeth. There is no reason to stay away from something simply because you're betrayed by the person in charge of giving out bodies. For one thing, you don't have to have the best body to be the best. For another, you don't have to be the best to have the most fun. Even if you're five feet shorter than everyone else on the team, a little imagination may enable you to use this to your advantage. (By biting their ankles.) Don't die wondering... Life is doing things, not wishing things

SPORTS WHERE YOU'RE MOST LIKELY TO SEE **SMALL** PEOPLE:

HORSE RACING

Needs light people who won't weigh down the horse.

GYMNASTICS

Female World-class gymnasts are usually around five feet tall. Their lightness and low centre of gravity enhance their balance and allow them to spin faster in smaller circles and with less force.



PROFESSIONAL VERTICAL SKATEBOARDING

There are a few tall professionals but the small ones seem to fly very high and their low centre of gravity helps their balance.

GRAND PRIX CAR RACING

There's not much room left for the driver after they stuff the engine in.

Why do hockey players fight so much?

When they string tennis racquets with cat gut, is it really guts of a cat?

Where do they get so many cats?

HIGH TIMES ON THE TOWER



I decided to take on the challenge and climb The Tower, one of the steepest mountains in the Assiniboine Lodge region. I was scared when we reached the base of the mountain. I didn't want to do it, but I didn't want to back out either. It was my first climb, and I sensed it would be my last. I was shaking all over at what was to come. A long chimney of rock led to the top. We started the climb.

Studying where the guide put his feet and trying to mimic his motions, I slowly progressed. When I looked down, my head spun with fear.

Occasionally, my foot or hand slipped a bit, adding to the pressure.

Eventually, we reached the summit. I was relieved and glad I'd faced my fears and made the climb. I've climbed several times since, and always had fun. That first, giant and scary step paid off.

David Sigler, 14, Calgary

DON'T FRET!

When I was 14, I began to write songs. I was no Elvis Costello, but I had the satisfaction of being able to create something of my own. I played some of my songs for friends and family and they encouraged me and offered constructive criticism.

My growing self confidence was shaken by the prospect of playing in front of an audience. Sure, my friends and family are one thing, but the idea of playing for a group of strangers frightened me. What if I broke a string or my voice went flat or even worse... what if they laughed or booed me off the stage?

I decided that it was time to stop worrying and give it a shot. If I didn't, all I'd have is my guitar and a pile of songs no one would ever hear. I worked hard to develop my skill at writing and I have a love of music that will never die. All I need now are ears ready to listen. Really, what have I got to lose?

- Paula Kirman, 17, Edmonton

"Six, Seven, Eight, Nine... What's HE Doing In The Line?"



PHOTO: MACH 2 STOCK EXCHANGE

I'm a male cheerleader. I know what you're thinking, so let's get it out of the way. I've heard it all, from "Look at the cheerleader with the hairy legs," to "Do you wear a skirt?" and, my personal favourite, "Can I play with your pom-poms?" I have been a cheerleader for five years, and I'd like to tell you something about it.

Cheerleading is a demanding team activity. Members of the team form very close bonds, becoming a little family. Much can be learned in the many hours of practice.

For me, it's provided an insight into the female character. Cheerleading is a rewarding experience,

TRY SOME



A winner is someone who sets goals and achieves them. Becoming a champion is much more attitude than actual physical ability.

- Mark Tewksbury, 23, Calgary, Olympic Swimmer.

In Tae Kwon Do, there is no winner or loser. I'm competing against myself because I want to get better.

- Andrea Kenny, 15, Calgary, Tae Kwon Do.



ACT WON

If you've never heard of **Theatresports**, get with it! Theatresports was invented here, in Alberta, in Calgary, about a decade and a half ago, and now it's played competitively on three continents and in ten different countries.

Theatresports is two teams of improvisers battling each other for stage time, and the team getting the most points wins! The way to get more points is to entertain the audience better than the other team. You go out on stage with no script, no set, no costume, with no idea **what** you're going to do, and entertain the audience for as long as they will allow you to or until a panel of judges throws you off the stage for being boring. It's wild, it's crazy, and it's terrifying, but there's nothing that can match it for the sheer rush of adrenalin and excitement you feel when you do it well.

Want to get involved? Get in touch with **Loose Moose Theatre** in Calgary, or **Rapid Fire** in Edmonton.

THING DIFFERENT



Who cares what's "in"
or what's "out"?
Make room for some new
kinds of
excitement.

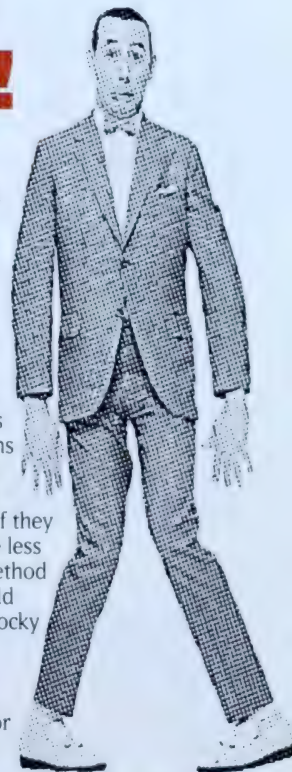
and piles of fun. We enjoy ourselves thoroughly, and we know we affect fan and player morale. Three cheers for us!

- Rob Sorensen, 19,
Edmonton Eskimo Cheerleader

OH, NO... WHO PICKED HIM!!

"I admit it. I was not good at sports. Until I could afford mechanical props like parachutes and motorcycles, I was about as credible an athlete as Roseanne Barr. This led to me being picked dead last for every team ever formed. You know the deal where two captains are selected to take turns picking team members? When they got down to me, they usually asked if they could just play with one less person instead. This method of choosing teams should be trashed along with Rocky sequels and fancy packaging."

-Dave Jacox, ZOOT Editor



A winner is someone who participates and does the best that they can. Just because you win the race doesn't mean that the others are losers.

- Yvonne Visser, 25, Millarville, member of Canadian National Biathlon Team.

Somebody who has an absolute passion for something. That's going to make a winner.

- Kreg Llewellyn, 23, formerly from Innisfail, international waterskier.

THE ^{1/2} TIME GUIDE TO MEETING PEOPLE

Finding new friends — and especially **one special person** — is **difficult**. If you want to make new friends, it will help if you have a plan.

Here's the plan:

First of all, think location. Go to where there are all kinds of people. Lots of people there? good. No one there? bad.

Search for people who share your interests. Fur trappers should avoid animal rights conventions.



Sharing something you like with other people who are interested will give you something to talk about. This is why sports and other activities are popular. You're out there with people who enjoy the same thing.

The next step is the introduction. You don't have to act like a goof to give off **positive** energy. You just have to make yourself approachable.

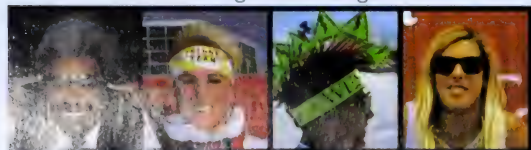
Always keep in mind that the other people are probably there for the same reason you are — they want to meet friends **too!**

Just say "Hello."

Once the hello is over, all it takes is asking the other person about themselves. What's the worst thing that can happen? Remember, the important things are to smile, relax, and look friendly.

HAIR PLAYS ITS PART

You don't really need long hair to help with most activities, but it's not uncommon to see participants in certain activities with two or three feet of the stuff sprouting out of their skulls. Maybe Samson was right. Maybe hair is the secret of courage and strength.



A GOOD MANE IS HARD TO FIND

THERE'S A SCHOOL FOR THAT SOMEWHERE...

Have you ever wondered where they teach all those things that were too dangerous to do in gym class or too "weird" to do in art class? Good news! They can be learned in schools around North America. For example:

★ If you're interested in jumping off buildings, setting yourself and your friends on fire, or just falling down a few flights of stairs, you can learn how to do it safely, and for a living at a stunt school in Chatsworth, California.

★ For something totally out of this world, check out space camp at the Alabama Space and Rocket Center.

★ You can learn to rock and roll at The Guitar Institute in Hollywood, California. Gear up to join the many GI graduates who've become successful in the music industry, including: Kevin Dukes, guitarist for Don Henley, Boz Scaggs and Jackson Brown; and Jeff Young, guitarist for Megadeth.

★ Closer to home, get your feet wet at Shalom Park, a waterski camp near Leduc. Where Canadian Bronze Champion, Kristy Nelson runs three and five day camps all summer long.

No matter how far off-the-wall your need to know may be, there's probably a place conducting courses in your particular brand of craziness. If you can't see a school or class that interests you in your local yellow pages, just tell us what weird skill you'd like to master, and ZOOT will try to put you in touch with the appropriate Institute of Higher Learning.



Canadian Bronze Waterski Champion Kristy Nelson can teach you to waterski.

MAKING

STOP



What **STINKS** about your sport?

"After a day of boarding, my knee brace stinks. The guys make me put it on the roof rack with the boards."
Todd Bowman, 18, Snowboarder

"Our skates stink."

Mingot Bion, 19, Figure Skater

NOREEN & AL'S SNACK TRUCK REPORT:



SENSE

Don't let
your **SENSE**
of cool get
in the way
of your
SENSE
of fun!



BACK

DOG BITES

Do you ever wonder what those people in the silver truck who sell food at sporting events are like? Well, we talked to Noreen Sonnenburg from Al's Stop and Go Foods in an attempt to find out. Noreen and Al's slogan is "We Cook Anything and Go Anywhere." They travel around Alberta, feeding all kinds of people at all kinds of events, including rodeos, auctions, track & field, horse jumping, soccer, football, wild parties and concerts.

At last! Here are the answers to a few of the questions you've always had about mobile concession trailer people but were afraid to ask:

ZOOT: What is the dream vehicle for the person who wants to sell 2000 hamburgers at a Bryan Adam's concert?

NOREEN: We drive a large trailer that opens up through two windows on the side, which is great for medium-sized and large events.

ZOOT: How do you decide what to bring and how much? What if you have 5000 hamburgers and only 12 people show up and only four of them want some beef?

NOREEN: It's better to have too much than not enough.

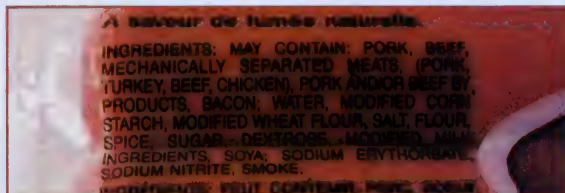
ZOOT: Do you ever get discouraged?

NOREEN: Well sure, sometimes when everything is going poorly you just want to give it up, to quit! But you remember the good times, or you just hang on until a good day and everything seems okay again. Sometimes when you're having a good day, you want to run out and get 20 more trailers.

ZOOT: What's the best part? What makes you come back every time?

NOREEN: It's like a big party, you're having fun, you get to see the event, and you get to meet lots of people. Our business is to go to events where everyone is there to have fun. These people are in a good mood to begin with and they are happy to see us because we have all the food.

It's a sunny summer afternoon and you're taking in a baseball game. The stands are full. Great game. But something is missing. You jump out of your seat and go racing to the concession for a hot dog. You smother it in mustard and relish and head back to your seat. You don't think about what goes into a hot dog in the first place.



"MAY CONTAIN pork, beef, mechanically separated meats..." What exactly does this mean? Mechanically separated meats usually applies to chicken. When all the meat has been removed, what is left is tossed into a machine and ground up, the bones going one way, and the meat going another. Beef byproducts could range from plasma and blood to the intestines. It gets worse.

The average hot dog contains 21-120 milligrams of cholesterol, and 290 calories. It takes about 56 minutes of walking just to wear one off.

The hot dog came on the scene a little over a century ago. Since then there has been no looking back. You can buy foot long dogs and double dogs, chicken dogs and soya dogs. Or you can stick with the salad.

- An anonymous vegetarian Zoot reader.

"Chlorine stinks!! The smell stays with you always."

"My locker stinks. Leftover lunches and used gym shorts just don't make a good combo."

Karen Fonteyne, 21, Synchronized Swimmer

Anonymous jock, currently dieting.



As one of the highest-ranked Top Fuel drag racers in the world, Lori Johns spends her weekends

behind the wheel of a car capable of accelerating from 0 to almost 450 kph in five seconds. Recently, she slowed down just long enough to talk to ZOOT and show that there's more to life in the fast lane than speed.



Lori sets her sights on becoming a world champion, as her dad sits and worries.

"If I thought my life was on the line every time I got into the car, I wouldn't be doing it. That's not the way I feel about it."

The black and red Jolly Rancher car is low, lean and long... about twice as long as your parents' Pinto. It has huge rear tires; while the ones in the front look like they came off a wheelbarrow. The engine is designed to produce horsepower... not economy. It burns 150 litres per kilometre of a fuel referred to as "nitro"... a liquid form of dynamite. All of this translates, in Lori's terms, to a winning run down a 400 metre long strip of asphalt built especially for racing with all kinds of safety features and equipment on-hand.

Safety fast.

Safety is something Lori feels very strongly about. For every five seconds on the track, she spends hours talking to high school students about the science of driving. Lori has even produced a video called **Motion Controlled** to demonstrate vehicle dynamics and show why training and caution on the road are so important. A point Lori tries to make is that driving skills are learned... "to every action there is an

equal and opposite reaction" and all that. Education is something that is necessary, even if it isn't always fun.

"I always did really well in school and made good grades, but I hated it. When I got out of school it was the happiest day of my life. But, I wouldn't be able to do what I'm doing today without the education I had."

Lori's education included three hours a day of auto mechanics in her first year of junior high school.

"I wanted to race. My dad said that I wouldn't be able to talk to people who work on the cars because I didn't know what a camshaft was or what a crankshaft looked like. So I learned all that stuff and convinced him to let me run my first race. I was 17, and I won."

Crash Course.

Over the next few years, Lori's talent combined with perfect timing, luck and a clear sense of direction to bring success and win her a National Hot Rod Association's Rookie of the Year Award. Then, **disaster.**



At a race in New Orleans, a fellow competitor lost control of his car and crossed into Lori's lane, nearly ending her life, putting her career on hold and presenting her with a whole new set of challenges.

This is going to hurt.

Lori broke her neck and back and suffered internal injuries. Her father claims that the only thing that saved her life was the first class medical facility at the track. A similar accident on the street would have been fatal. After the crash, it would be months before Lori would know if she'd walk again, and two years before she'd race again. Time for a different kind of learning... about commitment, goals, patience and relationships.

"My parents didn't want me to ever do it again. During the two years it took to recover, I convinced them that this was what I wanted to do with my life."

Lori's first trip following her recovery was to a drag racing school in Florida. She

wanted to know if she still had what it took to be a winner. And she had to show her parents that she was serious.

Lori feels lucky.

Lucky to be able to pass along some lessons about both winning and surviving. In addition to her video and her work on the science of driving in schools Lori maintains an interest in and contact with the spinal handicapped. She's aware of her strength as a role model and she wants to help others deal with their own misfortunes.

When we left Lori, at the 1991 season opener in Pomona, California, she was signing autographs for a bunch of fans in wheelchairs. She was passing out candy for her sponsor, Jolly Rancher, and she was arguing with her crew chief over how to set up her car.

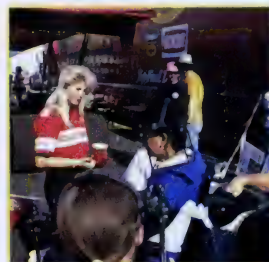
Leaving the track, we recalled Lori's answers to two of our questions.

ZOOT: What advice would you offer to teens?

LORI: I'd say that you can do anything you want with your life. You should never lose sight of who you are and where you've come from. No one should ever feel that they're better than anyone else.

ZOOT: What advice would you offer to parents of teens?

LORI: They should encourage their kids to do what they want to do, and not what the parents would like them to do. My parents supported me even though I know it was terrible for them, watching me suffer for two years and worrying that it would happen again.



Time is on her side.

Her last year's fourth place overall finish is a very long way from first place. It will take a near perfect effort on the part of everyone on the team to allow Lori to realize her goal of becoming the Top Fuel World Champion.

In an entire 20-race season on the Top Fuel circuit, Lori will spend less than ten minutes actually racing. It's an extreme example of just how much personal commitment, teamwork, and total dedication it takes to reach the top.

In Lori's case, becoming first is just seconds away.



At the start of a run, Lori is hit with a force 5 times the pull of gravity. Her weight climbs to 250 kilos.



WIN WITH AMA

Driving competitively in a totally controlled environment is very different from driving in city traffic with unpredictable drivers and complex traffic controls. Add the problems of peer pressure and the emotional roller-coaster that go along with being a teen, and you begin to see why so many young people are hurt or killed in cars. The best insurance against losing it behind the wheel is training.

As one of the largest driving schools in Canada with 50 years experience and over 300,000 graduates in Alberta, AMA is committed to seeing that all new drivers have access to top-quality instruction. To encourage more new drivers to acquire training, AMA is giving away 12 "Safety Fast" courses; advanced vehicle control courses (for drivers with some experience) which teach life saving emergency skills like threshold braking, advanced steering techniques and collision avoidance manoeuvres. This course is a natural follow-up to AMA's Safe Performance series of initial training programs.

If you'd like to view Lori Johns' video "Motion Controlled", or inquire about how you could win one of 12 "Safety Fast" courses, contact your nearest AMA Center, or call

1-800-642-3810.

YOU LOSE

{OR DO YOU?}



[BY BRENT KAWCHUK]

"Winning isn't everything."

This is the very last thing anyone wants to hear when they lose. We've all been on the losing end of the game and watched others bask in the glory of the win we had been hoping for... or listened to someone trying to convince us that getting our butts kicked isn't as bad as it seems. Maybe it was the time you struck out in the ninth inning, leaving your team one point behind the new champions. Or maybe it was that one wrong, shrill, squeaking note that you blew at your music recital. The line you forgot at the end of the school play, the big test you studied the wrong chapter for, the free throw that fell two feet short of the basket. Whatever it was, when your mother, brother, teacher or coach came up to you after, tapped you on the shoulder and said, "Ya know, winning isn't everything" - you just wanted to strangle them!

Someone has to lose, and when it's you, it hurts. But there are times when it really isn't all that bad. In fact, it can be quite good. Some losers actually come out ahead of the winner. They may learn more from their loss, or it may put them in a better position to win the next time. Sometimes, the scoreboard lies. And people manage to grab victory from the jaws of defeat.

"Prove it," you say.

"Okay," we say.

Big Ben's Boo Boo.

Canadian sprinter **Ben Johnson** was given the title as the fastest man on earth at the 1988 Summer Olympics in Seoul, Korea. He edged across the tape ahead of American champion Carl Lewis to break the world record and win the gold medal. That is until a drug test showed Ben had illegally used steroids to win the race. He was stripped of his medal and all his records.

The event broke the hearts of Canadians everywhere. The loss may have a good side however. During a year-long inquiry, the sporting world discovered that the problem with drugs was very widespread and they're taking bigger steps toward cleaning it up so that another race like Ben Johnson's may never happen again. Ben lost, but the sport stands to win big.



ILLUSTRATION: LESLIE BELL

Magic Johnson

Earvin "Magic" Johnson is one of the National Basketball Association's greatest players, scoring hundreds of points and leading the Los Angeles Lakers to league championships. Who would have guessed that he would get this far after tripping over his warm-up pants and falling flat on his face during a pre-game shoot in San Diego?



Sounds like a winner to us.

The band that sang "Whole Lotta Love" hasn't had a whole lotta hits. In their entire career,

Led Zeppelin has never topped the charts with a single, not even with "Stairway to Heaven." Back when the rockers

released the song, record execs said that singles could be no more than three minutes long. "Stairway to Heaven" was just under eight minutes. It was never released as a single so it never reached number one. But it did receive major airplay and DJ's consider it to be one of the best tunes of all time.

"I didn't lose. Nobody saw me lose. You can't prove anything."

There is probably no bigger group of losers than Bart Simpson and his family. Week after week they argue, Bart gets into trouble and nothing seems to work out. Except the ratings. Better than those of the ever famous Bill Cosby. While Cosby's Dr. Huxtable and his family succeed, **The Simpsons** mess up but manage to make more people laugh. And Bart's face is on more T-shirts than Bill's is.



"The Eagle" flies.

A 25-year-old plasterer from England just may be the most famous person to fly over - or in his case, plop over the edge of the 70 and 90 metre ski jumps. **Eddie**

"The Eagle" Edwards

made his way to the Calgary Winter Olympics as the only member of the British ski jumping team and with no previous skiing experience. He climbed to the top of the jump, held on tight, hoped for the best and came in dead last... to warm the hearts of many fans that winter of '88. The reaction of people to a losing jumper was far from normal. Eddie was treated to a Rolls-Royce ride, parade and reception from the Mayor when he got back to England. Offers from publishers, movie producers and manufacturers who wanted Eddie to sponsor their product began to snowball! Eddie could well be on his way to becoming the richest ski jumper ever.

When he's not skiing, Eddie races trucks and plans many stunts like tying himself to a plane as it does loops.

Try harder, too.

Bruce Willis started his career as a waiter and worked his way through two bad bit parts in plays in tough neighbourhoods. But he persevered and eventually, **Moonlighting** made it big. He reached

multi-million dollar status with his **Die Hard** adventure movies. With a track record like that, how can Bruce Willis be called a loser? Easy. As he gets more and more successful, he loses more and more hair. By the time total baldness arrives, he should be one of the most famous actors around.



Sinead O'Connor

Sinead O'Connor

really does not want what she has not got. She grew up very lonely as a child in Ireland. Her life was made up of everything terrible except for the one thing that she did always have and want-- music. Sinead was abused as a child, had parents who separated, got caught for shoplifting at 13, went to boarding school, ran away to London at 16, and had her mother die-- all before her first album, **The Lion and the Cobra** ever came out.

It's hard to imagine how anyone could beat a background like that, but she did with her music.

"I suppose that's how it started. It wasn't that I wanted to be a singer. It was just that I could actually express the pain that I felt with my voice...It was just all bubbling up in there, and it had to come out."

"That didn't hurt so bad, did it?"

Boxer **James "Buster" Douglas** may be the richest loser around. He lasted barely three rounds while defending his heavy-weight boxing title recently. But black and blue Buster still got to take home \$19.9 million - that's almost \$46,280 per second or \$2.84 million for every minute he was in the ring. His opponent, Evander Holyfield took home the measly sum of \$10 million for his win.



Mmmm. What's it all mean to you? Our suggestion is that the only really bad thing about losing is if it gives you a losing **attitude**.

Not every experience is a winning one. But every experience **can** be a learning one...and move you a little closer to a big win the next time!

END



PHOTO: JAZHART

Friendship is one of the most important things in our lives. Friends help us figure out who we are and who we want to be. They help us decide what to do and how to do it.

In tough times a good friend can mean the difference between weathering the storm or going down with the ship. It isn't that a friend has to be ready with all the answers when things go wrong. Often, just being there, and being willing to listen is enough.

What you don't say, says a lot.

Barb Davis, an adolescent treatment expert in Calgary, claims that a friend who will lend an ear and let you know they care can make all the difference in dealing with a situation. At the same

time, friends often don't realize just how much influence they can have. "A good friend can often be as important as a professional counsellor,"

Barb says. Patiently listening to what someone you care about has to say without rushing in to express a personal opinion, become judgmental or give advice is one of the hardest things in the world to do. Add the emotional angle of dealing with family or drug problems and the art of listening becomes even more difficult.

Deep down, most of us know when we've made a poor decision, or gotten into a bad situation.

"go ahead,

Most of us don't need someone to tell us the right thing to do. What we do need is someone to encourage us and help us explore new possibilities. Having an audience as we talk the problems out with ourselves can help the process along. You don't have to have all the answers to help. You just have to have ears. There's no magic involved. You can listen and you can help a friend find someone who does have the answers when the time is right.

A number of characteristics contribute to being a good listener and a good friend. Do you have them?

1. When times are tough do you really try to **understand** how someone else feels? Can you imagine yourself in your friend's shoes? You can do the most good by listening with your ears and your eyes. Pay attention to what your friend is feeling by what they tell you and by what they don't tell you.

Encourage them to be open and honest and relaxed by not preaching or telling them what to do.

2. Are you able to **accept** your friends as they are? Without judging? We all react differently in different situations. It doesn't help to try to force changes. Change comes from within and you can help the process along.

dealing with the problem.

4. Do you always offer **support**? Do you encourage positive action? Offering to be there lets a person know that they won't have to take the next step by themselves. Provide direction to information and resources which may help your friend sort through the problems and make the first step. Stepping in too early and doing what someone can and should do for themselves won't help.

5. Do you try to show your friends you believe in them? Put downs are pointless. Your **trust** and understanding are critical.

6. Can you keep a secret? Remember

of control you'll have to tell another person what's going on.

7. Do you **know** when you need to talk to someone else about what your friend is going through? Can you sense trouble? If you suspect your friend is in danger (such as thinking of suicide or experiencing physical, sexual or emotional abuse), you have to let someone else know. If the talking and your listening don't seem to be making the picture any clearer, or if your friend suddenly decides to stop talking and 'forget' it, you'd better get help. It's okay to say that you're going to involve someone else. Your friend may protest, but chances are, deep down, they know it's time. A school counsellor or an adult you respect and trust is a good place to start.

8. Can you swallow your pride? Don't kid yourself that you're some sort of saviour. Not all problems can be solved and not all people want to be helped. If your friend wants to talk, **be there**. If not, make it clear you will be there when they're ready. Don't push it.

I'm listening"

In tough times a good friend can mean the difference between weathering the storm or going down with the ship.

3. Are you **patient** and willing enough to really help a friend get his or her thoughts clear and see alternatives? Can you put yourself on the same wavelength as your friend so that what you hear will be what they're actually saying? You shouldn't hesitate to ask questions like, "Is this what you mean...," if you're not sure you understand. Suggest and discuss ways of

that the conversation is between you and your friend. Don't share what's been said. The trust, honesty and openness you've been working so hard to build is based on **confidence**. At the same time, you must try to realize when you friend is in a really dangerous situation and destructive state of mind. If, after all your listening, things just seem to be getting worse and more out

People have to work out their own problems. There are no quick fixes. You can't repair someone else's life, but you can provide some of the tools. **END**



MUCH [more] ABOUT MUCH MUSIC

When we spotted 17-year-old Nancy Kelly at a BREAK last August, we figured she'd be perfect for helping us out on a whirlwind interview blitz in the far East (of North America). So we asked her along and last October her mom waved goodbye to Nancy and I as we boarded a plane for Toronto and later, Boston. This was far East, with the five hour trip offering plenty of time for two strangers to get acquainted before landing. Our mission: to meet the people who bring you the newest in (Much)Music.

We interviewed VJ Angela Dohrmann, whom you read about in the last issue of ZOOT. We had lunch with Dan Gallagher, who was filming a movie called *Car 54, Where Are You?* And we sat in on a MuchMusic session with Michael Williams. All exciting and interesting... and more about it later. Sometimes the best information comes from those behind the scenes. The ones you don't get to see on TV. Like Louise Lees, a security guard at MuchMusic. She has a tattoo of James Dean on her back and is writing a book about his fans. She once had lunch with Dean's parents. As an avid fan of the 50's super star, she can understand the frenzy that fans work up when rock stars visit the studio.

And of course we had to know all about it.

MuchMusic is on Queen Street, a busy, happening area with funky stores, cafes and cool looking people hanging out. As you know, MuchMusic has big windows that let people get a good look at who's inside. Louise gave us the scoop on what happens in her job when the big star musicians come to visit.

LOUISE LEES

"When Skid Row was in, a bunch of heavy-rocker looking fans tore the metal off our windows and dragged the post office box down so they could stand on it and look inside. When the band went back out to the limo, one of the rockers jumped on the windshield, cracked it and stayed on the car for four blocks till they finally got rid of her.

Another time, we had three teenage girls faint when Tommy Lee of Motley Crüe was here. When Bros was here it was absolute chaos. It took 14 of us with our arms locked to get them five feet from the car door to our front door. And the fans ended up tearing the door off the limo. They were crying, screaming, freaking out and it's the young ones you've really got to watch because they don't think they'll get hurt.

Vixen is coming in on Monday and since they are a female band we expect to get about 50 or 60 guys between the ages of 15 and 25 out front. They'll go pretty crazy. They won't be screaming and everything like some girls do but we'll really have to watch out for them trying to sneak into the building and grabbing the singers and trying to get an article of their clothing. They want anything that's been worn or touched.

Once Jordon Knight from New Kids showed up unexpectedly. We're on live, so people at the Eaton Centre down the street saw it on the tube in the furniture section. We looked down Queen Street and saw this stampede running, screaming and freaking out. Bon Jovi was another one. There were so many fans outside that we had to keep the band inside the building for about four hours. We were seriously considering getting a helicopter on the building to get them out. If we're getting a really big band that we know we're going to have problems with, such as Bros, we'll put about 15 or 16 security guards on duty. My black belt in Karate helps.

The Vee Jays have their own following. Altogether they get probably 10,000 letters a week. Steve Anthony has a personal assistant who goes through his share and answers them all. Amy Foster, musician David Foster's daughter, reads Michael Williams' mail. Erica Ehm and Steve Anthony read a lot of it themselves. Dan Gallagher usually tells people to come down and visit him or he says "hi" to them on air. I'd say that Steve Anthony gets the biggest share of favourable

fan mail. Erica is probably second. They both get their share of weirdos though!

A lot of the people who work here also play in bands. Actually one band that is starting to do really well is The Ten Commandments. James Lord (as he's called in his band), does all the concert listings for MuchMusic. Derrik Rabie is the bass player and he is an editor for Fax. Peggy, a unit assistant, sings in a band called Wake Up Tracy.

Almost everybody who works here has another job. A lot of us sketch and paint. Erica has her hat company. The receptionist teaches make-up. Everyone here has to have outside interests because we get paid so terribly!"

DAN GALLAGHER

You know big Dan Gallagher as VJ at **MuchMusic** and host for the wacky game show **Test Pattern**. This summer you'll be able to see him in a movie called **Car 54**.

Where Are You? a hilarious remake of an ancient TV series. We went to the movie set where Dan was rehearsing for his part. It's pretty fluky how he came to be in this movie — The director discovered him in an elevator.

"He saw me on TV and then we bumped into each other in the elevator in my building. Later I got a call and this guy wanted me to be in the picture." Dan has always enjoyed the limelight. Whenever his high school had a talent show, he was always the MC. He also worked on the radio station in high school and in university.

"When I was a teenager, I wanted pretty much what I have now; to become a personality. My brother and I used to run a lot of parties, promote the bands and do concerts and dances and stuff. This is kind of how I got in the business." He says the hardest part of his job at Much is trying to please everyone. "Hey dude, play Metallica. Well, we played Metallica last night, get off my back."

Dan loves being a "celebrity," although "It's more of a burden for my friends and family when someone stops us and it stops the flow of what we're doing." "Be happy, have fun, make money and perform," are Dan's goals.



MICHAEL WILLIAMS

Michael Williams was on air when we showed up and he let us into the studio where we talked to him in between his times on camera. We found him blunt ("that's none of your business" was a standard reply when we got too

curious). He doesn't like to be interviewed. This writer, musician and former teacher has, like most people at Much, bigger plans for the future. He admits he was chosen to be a V J "cause I'm good."

He says he received a very good education, "something I don't think people get these days. If you want to do well, you're going to need as much education as

possible. Become a sponge and just soak it up. As long as you're in school, people will help you. The moment you step out, they'll figure you know it all." Although Michael often acts like a star, he claims that stardom is not a requirement at MuchMusic. He finds it more important to get respect from the audience (you guys!) and those he works with - people like Quincy Jones, Robert Plant, Living Colour, Queen Latifah and Judist Priest. He's really into the music business and besides being a musician himself, he lays claim to helping Maistro Fresh Wes get signed to a record company. What keeps Michael going? "My dad left when I was really young. My father and mother split up immediately after I was born. I learned you really have to keep going and do it for yourself and not someone else. The fact that the audience wants to come along and enjoys, well... I feel very lucky."

NA-NA-NA-NA

ZOOT CHOSE ME TO GO TO TORONTO AND BOSTON

by Nancy Kelly

This happened strangely. Last summer I was at the Boys & Girls Club camp at Sibbald Flats when ZOOT CAPRI came to do a **WEEKEND**. The next week the ZOOT person I met there, Laurie, asked if I'd be interested in going with her to Toronto on an all-expense paid trip. Would I like to be a **MuchMusic** VJ's, appear on YTV's **Street Noise** and

visit the creator of The New Kids On The Block? I told her I'd have to check my calendar.

I couldn't believe it was happening till we got on the plane early Thursday morning, two weeks after the call. It was kind of unreal meeting these people I'd only seen on TV. First, on Friday we met and had lunch with Dan Gallagher, who was very funny. Then we visited Laurie Hibberd, who hosts **Rock n' Talk** on YTV. The guys at **Street Noise** told us all about their show, then we went out on a shoot. They even put me on the show! On Saturday we hung around **MuchMusic** and met with Michael Williams, who talked to us in between his times on air.

On Sunday, I blew it big. We were talking to Angela Dohrmann, a new VJ who was getting ready to go on air for the second time Laurie was doing the interview and I was so tired. I yawned loudly just like I do at home. Laurie glared at me. Angela looked stricken, like maybe she's boring me. **OOPS**. How uncouth. I realized I have a lot to learn if I want to be a journalist. After talking to Angela, **MuchMusic** had a limo pick us up and take us to the airport for our flight to Boston. People looked to see who we were, thinking maybe we were rock stars or something. Well, we felt like rock stars!

Boston. Wow, the way they dress there. Preppy city! No one steps out of line. It might have something to do with the fact that 250,000 Bostonians are students at the 71 colleges and universities. The rest must be teachers.

On Monday we met Maurice Starr. The big guy behind the hottest band in the world was dressed completely in black; black suit, black shirt, black tie, black socks. He told us how he created The New Kids On The Block from a bunch of nice boys next door. Anyway, I've decided that being a star is not for me. They have no real life of their own. The limo was nice, though.



END

KURT BROWNING

Interview continued from page 16

things that have happened to him.

Terry Long, white supremacist

I wish I knew more about Terry Long to give you a proper comment. I grew up beside Terry Long. He didn't scare me, he didn't seem threatening. He has very strong beliefs. And fortunately, they're minority beliefs.

Theoren Fleury, Calgary Flame

He's a pain, especially since I'm an Oiler fan. But he makes hockey interesting and he does his job.

Are you into any causes?

If I have a cause, it's wanting to see people happy with themselves. The way you treat other people when you're happy with yourself is worlds away from the way you treat people when you're unhappy with yourself.

CONTEST

WIN one of five copies of Kurt Browning's video

Jump... or one of 20 Kurt Browning posters. Simply send us a note finishing this sentence:



In my wildest dreams I'm...

(Tell us what exactly you'd like to be doing.)

We'll put your entry in for a draw for one of these 25 prizes. Contest deadline is May 15, 1991 at 12:00 noon. Send your entry to:

In My Wildest Dreams
ZOOT CAPRI,
The Magazine
403, 304 - 8 Avenue S.W.
Calgary, Alberta T2P 1C2

QUIZ

continued from page 9

Evaluation

46 - 60 points

You are extremely competitive and will do anything to win. This is where world champions come from but you walk a fine line between competitor and sore loser. Watch that you don't become too ruthless 'cause it's been said that it's lonely at the top. Why? No one likes a pushy jerk. Be careful that it's not you. You should also remember that a winning performance comes from within... personal conviction and not from knocking others.

31 - 45 points

You love to win, and love to put a challenge to yourself as much as against others. You're not exactly a team player; you can lose with grace but may

tend to be hard on yourself when you don't do as well as you think. Trying to enjoy the game a little more will put less pressure on yourself.

16 - 30 points

If you weren't competitive, you wouldn't have taken this quiz! Basically though, you are a peace lover and you enjoy a good time and seeing others have a good time. You find "fun" the name of any game.

0 - 15 points

You are extremely amiable and will probably give up anything if someone wants it more than you do. While there's not a competitive bone in your body, don't be a marshmallow. Challenge yourself to set some goals and achieve them.

Don't You Hate It When...

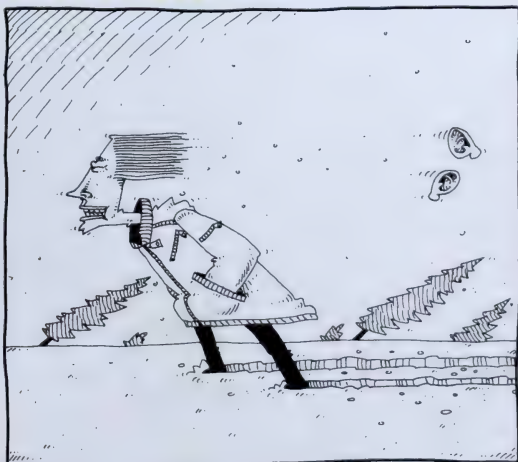


ILLUSTRATION: STEVE ATTOR

...YOU DON'T CONSIDER THE WINDCHILL FACTOR BEFORE LEAVING THE HOUSE?

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**What Do You Think
About This Then?**



Who's really got the horsepower in this show? Is this a battle of the ages, or what? Saddle up your response and send it to ZOOT before May 1, 1991, and if we publish it, you'll get a ZOOT T-shirt.

Write: WDYATT?
ZOOT CAPRI, The Magazine
403, 304 - 8 Avenue S.W.
Calgary, AB T2P 1C2



PHOTO: GREGORY NEISLER



A starving dog and men with hats highlighted your answers to last issue's perplexing pix.

Those guys abandoned the truck on the mountain when it got stuck. After they walked all the way down they realized they forgot their Big Mac's in the back and will now have to race the dog for their lunch.

C.A., 14, Calgary

The men made the mistake of thinking a mountain was a molehill and got stuck at the top. They forgot to turn the truck off though, and will now pollute the whole valley.

M.W., 15, Cold Lake

There is an evil hat villain lurking in the truck. He wants the mens' hats and is trying to lure them up the hill by frying bacon and eggs on the radiator. But the dog will get there first.

K.L., 13, Edmonton

If that truck was a Ford, it would have gotten over the hump and wouldn't be burning rubber trying to climb.

D.T., 16, Strathmore

The men and their dog are lost in the middle of nowhere. But if they follow the wonderful smell of exhaust up a mountain, they will find a truck that will save their pitiful lives.

L.L., 15, Pincher Creek

This picture symbolizes two guys who wanted to get to the top before anyone else. They took a short cut and got stuck. Everyone else worked hard, went the long way and is already there.

C.F., Spruce Grove

I think this means that no matter how far into the wilderness you go, the effects of man on this planet always follow you.

S.M., 14, Bonanza

VIDEOS

Rack up a golden-olde sports flick. Put on your smelly gym clothes and give your tired eyes a real workout.

THE LONGEST YARD

Starring: Burt Reynolds, Eddie Albert

This is a football story with baldie Burt Reynolds playing the quarterback. His team is a group of prisoners; the opposition is made up of the guards. Despite a disappointing ("dull and stupid") beginning and the "ugly clothes of the seventies," this movie is full of excitement, great jokes and suspense.

Rating: ★★★★★

NOBODY'S PERFECT

Starring: Chad Lowe

Our reviewer's favourite movie featured Chad Lowe, (brother of video star Rob) as a college student who is enchanted by a female tennis player. When he's kicked off his own tennis team for daydreaming about her too much, he does the only thing he can to get close to her... poses as a girl and becomes the superstar tennis player on her team. "There's not a single moment that doesn't keep you on the edge of your seat."

Rating: ★★★★★

BREAKING AWAY

Starring: Dennis Quaid, Dennis Christopher

Four high school graduates are bicycle racers who constantly compete with the college kids. One reviewer described this movie as funny and heart-warming, while another said the plot was pointless. "The colour was kind of washed out, and the soundtrack was classical, but it was a good, enjoyable movie because it was funny and realistic." Rent it.

Rating: ★★★★★

We combed the video shelves for the oldest sports movies we could find, including some of the best sports movies ever made. Check 'em out:

If you're into:

Boxing
Gymnastics
Track & Field
Running
Baseball
Basketball
Car Racing

Rent:

Raging Bull
American Anthem
Personal Best
Chariots of Fire
The Natural
Hoosiers
Heart Like a Wheel
or Days of Thunder or Grand Prix

Football

Against All Odds or
All The Right Moves

Hockey

Slap Shot

Dancing

Flashdance, Dirty Dancing or
Saturday Night Fever

Music

Amadeus, The Buddy Holly Story, La
Bamba, or Eddie & The Cruisers

Stunt-making

The Stuntman

Animals

The Bear

Hanging Out

Diner

NEW MOVIES

SHIPWRECKED

Starring: Stan Smestad, Gabriel Byrne

In this Walt Disney movie set on the high seas in 1849, a 14-year-old boy is forced to take a job on a cargo ship in order to get his family out of debt. A storm sinks the ship leaving the boy marooned on a deserted island where he discovers a cave full of pirate treasure. Of course, the pirates show up to claim their fortune, and...



OSCAR

Starring: Sylvester Stallone, Tim Curry, Joey Travolta

Sylvester Stallone is funny in this slapstick comedy where he stars as "Snaps" Provolone, a Mafia capo who is held to a



deathbed promise he made to his father: to quit the mob and go straight. However, his gangster buddies can't believe he's serious and make it hard for him to pull out.

ONE GOOD COP

Starring: Michael Keaton, Rene Russo, Anthony LaPaglia

Detective Artie Lewis (Keaton) is forced to confront a moral dilemma when his partner's (Anthony LaPaglia) three young daughters are suddenly left in his care. He finds he must take drastic action so that he and his wife can adopt the girls.



If you would like to become a

ZOOT ENTERTAINMENT REVIEWER, send us a note with your name, address, age and phone number. Calgary reviewers will be invited over the first Tuesday of every month to munch popcorn, gobble pizza and sort the dogs from the hits on the video and music shelves. If you live out of town and have a video membership card or a cassette player, you're also welcome to become one of our entertainment reviewers.

Send your letter to:

ENTERTAINMENT REVIEWERS

ZOOT CAPRI, The Magazine

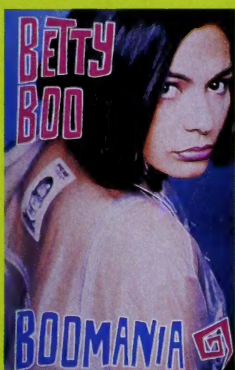
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Thanks to this issue's movie reviewers: Michelle Coyne, 13; Pablo Galvez, 15; Alim Mitha, 15; Kimberley Nelson, 13; Jenny Adams, 13; Naim Ali, 15; Anica FitzGerald, 14; and Chad Wilde, 14.



FAITH NO MORE *The Real Thing*
Faith No More has been showing up all over the media, including appearances on **Saturday Night Live** and **Arsenio Hall**. Picture this: The lead singer with long, long hair whipping back and forth and real fast, then walking in a circle slowly, an exploding piano and a fish flopping around on the dessert as it appears in their video. They won band of the year in 1990. So here's what we thought of them: Pretty fast, reasonably aggressive, and you can understand some words. The lead guitarist offers lots of noise. A funky bass player seems to synchronize with the vocals every once in a while. Songs like: "Surprise, Your Dead!" or "Zombie Eaters," is music to jump around a lot; mucho energy. Think about sprinting and leaping.



BETTY BOO *Boomania*
Betty Boo makes music about as serious as her name - Boo! Bubble gum rap which is shallow but fun to dance or jump or tap your foot to. There doesn't seem to be any lyrical content, mostly because she chooses words to rhyme with boo, thus limiting her vocabulary. Celebrate youth and happiness by playing it loud, but don't play it serious. Trivia: Before Betty's music career, she was a top fashion model.

TECHNOTRONIC *Trip On This*
Hypnotic house assault. This is music you feel in your chest, not in your heart. Although there doesn't seem to be any attempt at higher intellectual pursuit, who needs it? Turn it up really loud with giant subwoofers so it becomes hard to breathe. The repetitive pounding sound will either force you into dance or render you unconscious. Dance, jump, scream, go crazy. This is cheerful, happy music that celebrates the mindless side of hip hop house dance music. There isn't really a band, it's all digitally masterminded through electronic synthesis and manipulation of studio equipment, remix, and sampling. Artificial, yet thumpin' music for dancin' or doing aerobics.

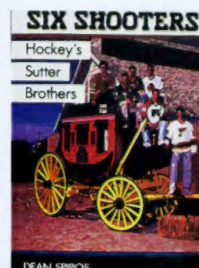


[Bryan Alberstat]



SIX SHOOTERS

THE SUTTER BROTHERS by Dean Spiros
"... Our family couldn't always afford to buy new things. There was a hunger for what other kids had. But we didn't care if someone had a better stick than us or better skates, we were going to show him that if we played hard we could still beat him," recalls Ron Sutter.



That attitude is why six of the seven Sutter brothers, the pride of Viking, Alberta, play or coach in the NHL, despite (in the beginning) often being laughed at for their poor skating skills. Their experience at road hockey gave them a better edge with a puck. This book allows you to meet all the boys — Brian, Darryl, Duane, Bret and twins Rich and Ron Sutter, including Gary, who is the only brother not in the NHL. This biography will really interest hockey fans.

RUNNING RISKS

ANGELLA ISSAJENKO
As told to Martin O'Malley and Karen O'Reilly.
Canadian track star Angella Taylor Issajenko's story takes you back to life in Jamaica and her immigration to Canada where she faced struggles of black segregation. Following her motto to "Make something of yourself," Angella was determined to succeed, even if success meant doing 700 sit ups a day. As a teammate with Ben Johnson, she was involved in drug use in athletics. Angella talks of how Ben Johnson was told to drink a bottle of vinegar to counter the evidence of steroids before he went for his urine check after winning the gold medal at Seoul in 1988. As she herself achieved world fame, she received increasing pressure from people who wanted to see more winnings. Along with the pressure came visions of ghosts which would haunt her in the night.



[Jacalyn Soo, 18, Calgary]

good question

If a guy likes you, why would he bug you or hurt your feelings rather than just flirt with you? How can you tell if he likes you or not? P.S. Boys are sure weird!

- M.D., 14, Red Deer
Yes, GUYS ARE WEIRD! Part of this weirdness is directly due to their age. Young guys (even some of our readers) are often shy and find it easier to show affection or interest by teasing you rather than flirting. When a boy bugs you, it's either because he really likes you and is trying to get your attention, without being teased by his friends, or because he truly enjoys being a jerk. If you ignore him he will lose interest. But first, decide if his actions are done in a nasty way or in fun. If you can get him by himself, you'll be better able to judge his feelings for you. If he knows you like him, but don't appreciate his constant harassment, he may start to act more normal.

There are a lot of mixed signals being thrown around. Why is it that they have all these "good times" beer commercials on TV? And then the next ad says, "Don't drink and drive." All this, "Don't do this and don't do that" stuff really screws around with people's minds. If you ask me, people jump off the deep end too much. If everybody took everything in moderation there would be a lot less confusion in this world.

- Anonymous
You're right, there are mixed signals out there, but try to think of who is sending the message and what they are trying to tell you. The "good

times" beer commercials are from a beer company, and lo and behold, they want your money. They want people to consume their product so they try to create an image of "cool" associated with their product. The "don't drink and drive" commercials usually come from non-profit groups whose major interest is in people. So you be the judge. All these different commercials come from different sources trying to "sell" you different messages. Try not to take everything at face value. Television isn't necessarily the mediator of truth, it is a box of entertainment and commercialism. Everything in moderation is probably a lot healthier than consuming anything in vast quantities; this goes for television just as much as anything else! Your job (and it's not an easy one) is to wade through all the bull, and to figure out which stuff you want to believe. To quote the band Public Enemy, "Don't believe the hype!"

I'm 13 and I have a best friend who I think is ashamed of me. When we are alone, she is a great friend, caring and understanding. But in school, she talks to everybody but me. I've confronted her a few times, but each time she says she's sorry. She never phones me anymore, and when I phone her, she's always busy. We were separated in grade eight and I think that is why this is happening. She has her own friends and I have mine. Yet I still want to remain friends with her.

- Kathy, 13, Calgary
You wouldn't believe the

number of teenagers who have the same problem with their "friends." It sounds to us like you have already done more than your fair share of pursuing the relationship.

After all, it takes two to make a friendship. You may be better off focusing your energy and attention towards the friends you have, those who appreciate your loyalty and dedication. If your other friend starts to miss you, she will come after you. If she doesn't, well, you'll know who your true friends are, and she won't be one of them. Sometimes you just have to let things go.

What's the big deal with steroids? They didn't seem to hurt Ben Johnson's body at all.

- M.B., Edmonton

The negative effects aren't that obvious right away. It may be a long time before you are aware of the problems. Anabolic steroids are synthetic forms of the male hormone, testosterone, and they are bad for your health. Here are some of the possible effects:

- Males who take anabolic steroids may find their testicle size decreasing and they may become impotent and sterile. Their breasts may also enlarge.
- Females may experience breast shrinkage, an altered menstrual cycle and genitalia changes. Their voices may deepen and hair may grow on their faces.
- Both sexes may experience severe acne, premature hair loss, aggression, mood swings, liver and kidney damage, high blood pressure and heart disease.

- The drug can fuse the growth plates in bones. If you are taking anabolic steroids when you're 14 and five feet tall, you risk staying five feet forever!

Some health experts believe that teenage male steroid use is a symptom of low self-esteem and poor body image similar to what leads to anorexia nervosa or bulimia in females. For more information about anabolic steroids, contact your doctor, your school counsellor or your coach.

So What's Your Problem?

Do you have a solution? If not, send a note to:

**GOOD QUESTION
ZOOT CAPRI,
The Magazine
403, 304 - 8 Avenue S.W.
Calgary, Alberta
T2P 1C2**

For our Fall "Advice" issue, we're looking for teenagers who have solved a problem either on their own or with help from someone. Please write and let us know how you overcame a major hassle.

your write

I AM A WILD FAN

ZOOT, you are the only magazine I know that has featured Kim Mitchell. I went to his "I am a Wild Party" summer concert in Edmonton and it was beyond description. Please print this letter. I want everyone to know how much I like your mag. Tell Kim how much I enjoy his music. Thank you.

N.N., 15, Westlock

Thanks for your letter. And may your patio lanterns never burn out.

WISH YOU WERE HERE

My family moved to Mexico from Foremost in 1987. Life here is pretty neat. There are a lot of special holidays and celebrations and a lot of things are really cheap. You can get a bottle of pop for about 20 cents and chocolate bars are 50 cents. The driving here is horrendous... everyone is honking 50 percent of the time. On the other hand, the people are super friendly. They'll give you the last crumb in their house if you are hungry. As far as weather goes, the mornings are chilly but by 10:00 it is warm enough for a t-shirt and by noon, you're ready for shorts. I have seen some rats but no snakes or tarantulas.

That's the basic run-down of my new life in Mexico. A big "hi" to all of the people working at ZOOT.

Kendra Slamp, 14, Mexico

NICE BREAK

I was on the Youth Planning Committee at Camp Adventure, "Leadership '90" when you came to do a Break the last week of August. It was well done! Everyone was excited and glad you came that day, and looking forward to see if they were in ZOOT. Thanks for taking the time and the pictures.

Tracy Murray, Red Deer
You mean you were still glad we came even after you read the picture captions?

...THAT SYNCHING FEELING

First of all, I love your magazine. It's always full of interesting topics and ideas. But... I wrote this letter to ask you why everyone knocks the NKOTB for not writing (or playing) their own music? So Maurice Starr does write 3/4 of their music, and produces their albums, big deal! Were they just supposed to walk off the streets knowing how to do all of that stuff? They did have to learn, you know. (And they have

learned!) As a matter of fact, some of the New Kids do play instruments. If they couldn't sing, they wouldn't have any fans left after showtime, right? Do me, and every other NKOTB fan in Alberta a favour and lay off, okay?

Christina Mierau, Ohaton
Well, they are more talented than Milli Vanilli.

FRIENDS FOREVER

Hi! I read your mag all the time. I think it's really good. I was wondering if you had the address of anyone that you talked to when you were in Germany. I was once an army brat (air force, really), but my dad got out in January. So I know all about leaving friends. When you move a lot you do leave friends but you learn to make new ones. You might want to do a story on long lost friends. All army brats have them and most of us never find them. I have pen pals all over the world and would like some more. I feel especially attached to these teens stationed overseas because I know how they feel. I also suspect some of my long lost friends may be there.

J.H., 13, Calgary
As we go to press, we're reminded that these days, so-called "army brats" and their

families need all the friendship and support we can give them. If anyone else is interested in writing to Canadian teens in Germany, let us know and we'll put you in touch.

STAND ON GUARD FOR ZOOT

I have several penfriends throughout the world; two in Czechoslovakia, one in France and one in Taiwan. Could you send me four back issues of ZOOT that I could send to give them an idea of what our province and country is like? I think that your magazine is the best way to do that. It's the best of all the magazines I read.

D.E., Sherwood Park
The country is like ZOOT? Oh, no... where have we gone wrong?

Now it's your turn to write. Tell us what's on your mind, make up a poem or ask us anything you want to know. Anything!

YOUR WRITE
ZOOT CAPRI,
The Magazine
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T2P 1C2

next in zoot

...coming out in July

Dreams

A trip into your mind to find out what those grey matter movies are all about.

Body Double

So you think that was Julia Roberts in *Pretty Woman*? Wrong.

Break

We head north to Peace River county and a day at the beach with the Grimshaw Junior/Senior High School crowd.

The Good News...

Not all big companies are trying to kill off the planet. We look at some good and green corporate citizens.

Let's see what's out there...

PLEASE RECYCLE THIS MAGAZINE

